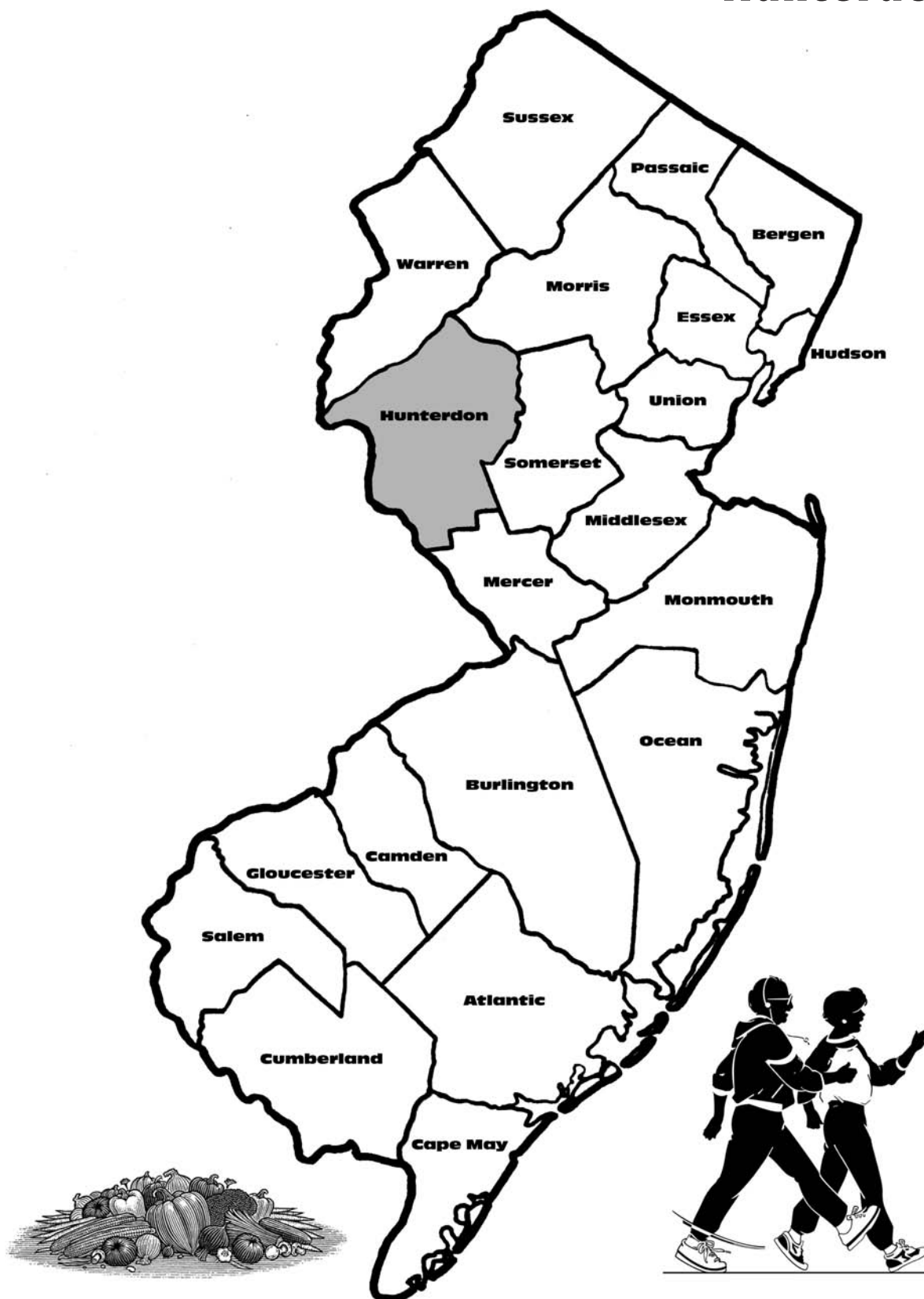








Hunterdon County







HUNTERDON COUNTY Nutrition Programs





Program Name:	Healthy Bones
Agency/Institution:	Senior Health Services
Address:	Box 2900, Flemington, NJ 08559
County:	Hunterdon
Phone:	908-284-6128
Website:	www.hunterdoncounty.com
Focus:	General good eating habits
Services:	  
Population served:	Seniors
Funded by:	Own funding, donated time
Fees & Charges:	None

Program Name:	Shapedown Children's Weight Management Program
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6130
Website:	www.hmc diabetes.org / www.hunterdonhealthcare.org
Focus:	To promote healthy eating and to increase physical activity for the patient and family for weight management
Services:	  
Population served:	Children ages 6-18, families
Funded by:	Own funding

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Program Name:	Lighten Up Hunterdon
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6130
Website:	www.hmc diabetes.org / www.hunterdonhealthcare.org
Focus:	Promote healthy eating using the food pyramid as a foundation and to address behavior change surrounding binge eating, common barriers to weight loss and physical activity, and to provide support for patients
Services:	   
Population served:	Ages 18 and over
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Weigh to Go
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6130
Website:	www.hmc diabetes.org / www.hunterdonhealthcare.org
Focus:	To promote healthy eating and to increase physical activity for the patient and family for weight management
Services:	   
Population served:	Children ages 10-14, families
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Exercise component provided by the Deerpath YMCA




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Program Name:	Steps to Healthy Bones
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family & Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Learn key steps to preventing osteoporosis through nutrition knowledge
Services:	  
Population served:	Adults, seniors
Funded by:	State, county
Fees & Charges:	None
Other information:	Label reading

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





HUNTERDON COUNTY Nutrition Programs




Program Name:	NJ School Wellness Policy Overview
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family & Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Increase awareness of requirements of NJ School Wellness Policy, learn skills for making healthier food choices, and discuss ways that school personnel and parents can work together to support healthier lifestyle choices, including nutrition and exercise
Services:	  
Population served:	Children, adolescents, adults, families
Funded by:	State, county
Fees & Charges:	None
Other information:	Label reading, healthy food choices

Program Name:	General Programs/Seminars on Healthy Eating/Nutrition/Obesity Prevention
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family & Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Programs can be geared to any topic of interest, for example, increasing fruit/vegetable intake in children, reading labels to make lower fat food choices, steps to cutting calories, etc.
Services:	  
Population served:	All ages
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Program Name:	Nutrition counseling
Agency/Institution:	Hunterdon County YMCA
Address:	144 W. Woodschurch Road, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-782-1044
Website:	www.hcymca.org
Focus:	Make healthier choices, decrease caloric intake, exercise more, and heighten the awareness that obesity is on the rise throughout the country
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Home Health Services
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6100
Focus:	To screen and identify nutrition problems in the homecare population
Services:	  
Population served:	Adults, seniors
Fees & Charges:	None






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

HUNTERDON COUNTY Nutrition Programs

Program Name:	Food Stamp Nutrition Education Program of Hunterdon County
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family and Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Assisting those on food stamps to make healthier food choices consistent with the dietary guidelines for Americans and the food guide pyramid
Services:	  
Population served:	Food stamp eligible residents
Funded by:	Federal
Fees & Charges:	None
Other information:	Label reading, behaviorally focused nutrition lessons






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Agency/Institution:	Hunterdon Regional Cancer Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-237-5496
Website:	www.hunterdonhealthcare.org/services/cancer_care/cancer.asp
Focus:	Healthy eating practices, increase fruit and vegetable intake, weight maintenance, and adequate hydration
Services:	    
Population served:	Adults, seniors, families
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

HUNTERDON COUNTY Physical Activity Programs

Agency/Institution:	Hunterdon County YMCA
Address:	144 W. Woodschurch Road, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-782-1044
Website:	www.hcymca.org
Focus:	The YMCA promotes healthy lifestyles for individuals and families so that they may build mind, body and spirit.
Services:	    
Population served:	All ages
Funded by:	Own funding, grants, state
Fees & Charges:	Yes

Program Name:	Senior Health Services
Agency/Institution:	Division of Senior Services
Address:	Box 2900, Flemington, NJ 08559
County:	Hunterdon
Phone:	908-284-6128
Website:	www.hunterdoncounty.com
Focus:	Provide classes and activities that will lead to improved daily independent living
Services:	  
Population served:	Ages 60+ in Hunterdon County
Funded by:	Own funding, grants, state
Fees & Charges:	Yes
Other information:	Flexibility and range of motion classes: tai chi, yoga, chair yoga, dance-tap and line, square, ballroom, low impact aerobics Healthy Bones Move Today recreational activities i.e. bocce, bowling, walking

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)